

HIGH PROTEIN WAFER

HIGH PROTEIN BAR



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- 32% MILK PROTEIN
- EXCELLENT TASTE
- OPTIMAL DIGESTIBILITY
- COLLAGEN FREE
- HYDROGENATED FAT FREE

INFORMATION

It is known that intensive work programmes require specific food strategies to support involved musculature. Protein supplementation is the most appropriate strategy for rebuilding lean mass potentially damaged by intense work, because it reduces the process of muscle catabolism. It is also known that a proper diet allows you to carry out athletical activity with energy and to provide the right nutrients to regenerate muscle tissue. Remaining in shape, reconciling work and family life with the practice of sport, is a complex issue to manage, however it is possible to make the right food choices with a well-balanced intake of micro and macro nutrients.

FEATURES

HIGH PROTEIN WAFER is a high protein food with an excellent taste and optimal digestibility. It does not contain collagen and hydrogenated fats. It contains 32% milk protein.

INDICATIONS

HIGH PROTEIN WAFER is designed for those who train hard or have an active life. The proteins contained in the product contribute to the maintenance of muscle mass. HIGH PROTEIN WAFER is also an excellent solution for a quick, digestible snack before or after training, suitable to offer a protein quota to our body quickly.

HOW TO USE AND RECOMMENDED DAILY DOSE

1-2 bar per day, with some water, preferably after muscular exertion, or at least 1-2 hours before exercise.

INGREDIENTS

Whey protein, milk chocolate 25,71% (sugar, cocoa butter, milk powder, cocoa mass, whey powder, butter, emulsifier: E322 (soy), flavours), wheat flour, dark chocolate 11,33% (cocoa mass, cocoa butter, sugar, cocoa powder, emulsifier: E322 (soy), flavour), non-hydrogenated palm oil; fructose, milk powder, emulsifier: E322 (soy) & E476, thickener: E412, baking agents: E503(ii) & E500(ii), sweetener: E955. Allergy Alert: It contains gluten, soya and milk. It may contain traces of hazelnuts, sesame and eggs.

RECOMMENDED FOR:

EVERYBODY

- Excellent pre-exercise and post-exercise food
- Protein food useful to keep in good shape
- Suitable as mid-morning snack
- Useful for those who train hard

ALL SPORTS REQUIRING AN INTENSE MUSCLE EXERTION

FLAVOURS:
BELGIAN CHOCOLAT
VANILLA YOGURT

PACKAGING: 12 BARS, 35 g EACH

WHEN TO USE HIGH PROTEIN WAFER



Warnings: This product is intended to be used as part of a varied balanced diet and a healthy lifestyle. Store in a cool place away from heat sources and from the sun's rays. The expiration date applies to the product in its intact container when stored as directed.

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (35 g)
Energy		
kcal	511	179
kJ	2138	749
Typical Values		
Fat	26,2 g	9,2 g
of which saturates	15,3 g	5,3 g
Carbohydrate	36,5 g	12,8 g
of which sugars	22,3 g	7,8 g
Protein	32,3 g	11,3 g
Salt (Na x 2.5)	0,15 g	0,05 g

PROTEINS CONTRIBUTE TO THE GROWTH AND MAINTENANCE OF MUSCLE MASS